

NW**MISSOURIAN**

Health Guide



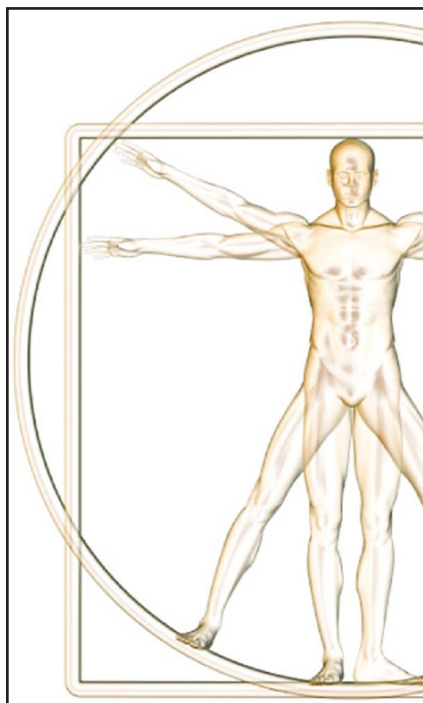
“It is health that is the real wealth and not pieces of gold and silver.”
-Mahatma Ghandi

Inside | B3

Community Center
vs
Student Rec.



B7 Eating
Healthy?



ORGANICLIFESTYLEMAGAZINE.COM

THIS MODERN ILLUSTRATION of Da Vinci's "Vitruvian Man" has been studied by many medical personnel.

Chiropractic care takes care of the job

By Leslie Nelson
 Asst. News Editor

When most people think of chiropractic care, they think of an aching neck, multiple appointments with little or no results and cracking backs.

Dr. Vincent L. Shelby, of Northwest Chiropractic Clinic, disagrees with those stereotypes.

"A lot of people think that a chiropractor just works on the back," Shelby said. "Basically, if there's a joint in the body and it can be a problem, or is a problem, we work on it."

Chiropractic care, an alternative to traditional health care, is much more than treating back pain. According to Shelby, research and clinical evidence support chiropractic care.

Instead of prescribing medicine to solve a problem, chiropractors work to fix the direct

cause of the problem by using manipulation.

Manipulation, or adjustment, is a hands-on therapy used to loosen the joints and increase joint movement.

"Most joints are rough around the outside and smooth in the middle," Dr. Kevan J. Evans, of Northwest Chiropractic Clinic, said. "So if you get outside that range of motion that's smooth, you can get stuck where the ridges and grooves are. When that happens, the joint doesn't move."

The muscles around the joint spasm, trying to help move the joint. This puts pressure on a nerve, causing pain.

"A manipulation seeks to correct that," Evans said.

A typical chiropractic appointment begins like any other. The chiropractor will start by taking vitals and then perform an examination on the problem

area.

"We'll use those exam findings to help guide us through a chiropractic treatment," Shelby said. "We try to get them fixed in as few treatments as possible."

Sometimes, it may take more than one visit to fix the problem. If the chiropractor and patient are not seeing the results desired, the chiropractor may refer him or her to a specialized medical doctor.

"The main difference between chiropractic and the general practitioner M.D. is that when we're studying how to manipulate the different joints and structures of the body, that's when the general practitioner M.D. is studying how to use pharmaceuticals," Shelby said.

Chiropractors can also use acupuncture and nutritional therapy to help solve a problem, along with manipulation.

"Most people don't realize

“We try to get them fixed in as few treatments as possible.”

Dr. Vincent L. Shelby
 Northwest
 Chiropractic Clinic

that if you catch problems early enough, with proper nutritional support for the body, many problems can be taken care of," Shelby said.

Chiropractors see people for a wide variety of problems.

"Anything that can be affected by a nerve, we can treat and treat effectively," Evans said.

HyVee
 EMPLOYEE OWNED

PHARMACY

www.hy-vee.com

PHARMACY HOURS

Monday - Friday — 8 a.m. - 8 p.m.
 Saturday — 9 a.m. - 6 p.m.
 Sunday — 9 a.m. - 1 p.m.

1217 South Main
 Maryville, MO
 660.582.2199
 877.223.9002

- Easy, Drive-Up Service
- Convenient Location
- Free Delivery in Maryville
- Drug Consultation
- Mail-Out Service

We carry a complete line of Health & Beauty care items!
 Shop while your prescriptions are being filled!
 Most insurance programs are accepted!
 Free Blood Pressure Testing Available!

\$4
 30-DAY
 PRESCRIPTIONS



\$10
 90-DAY
 PRESCRIPTIONS

The Care Clinic

Acute Care

Women's Health

Birth Control
 Hormone Replacement
 STD Testing

Microdermabrasion

Laser Hair Removal

Chronic Health

High Blood Pressure
 Diabetes
 Asthma

Physicals

DOT
 Employment
 Sports/School

Family Health and Women's Health
 Nurse Practitioner
 Leslie Luke

Mon. & Fri. 9 a.m.-7 p.m.
 Tues. & Thurs. 9 a.m.-5 p.m.
 Wed. & Weekends. Closed

106 W. Edwards Maryville, MO 64468
 660.562.2273



Community Center

VS



Northwest Fitness

LOCATION:

1407 N. Country Club Rd.
Phone: 660.562.2923

HOURS:

Mon.-Thurs.: 4:30am-Midnight
Fri.: 4:30am- 8:00pm
Sat.: 7:00am-6:00pm
Sun.: Noon-6:00pm

FEATURES:

- 3 Basketball Courts
- Suspended Track
- Aerobics/Dance Room
- Child Watch Area
- Meeting Rooms
- Coffee/Shake Shop
- ADA Accessibility
- Recreation Programs & Classes
- Summer Camps
- Youth & Adult Athletic Leagues
- Personal Trainers

PRICES:

Adult Annual: \$305
Adult Quarterly: \$80
Adult Monthly: \$30

VALUE PASSES:

Daily: \$5
5 Punch: \$22
15 Punch: \$64
30 Punch: \$120

LOCATION:

Lamkin Activity Center
002-First Floor
Phone: 660.562.1708

HOURS:

Mon.-Thurs.: 6:00am-9:00pm
Fri.: 6:00am-7:00pm
Sat.: 10:00am-2:00pm
Sun.: 4:00pm-9:00pm

FREATURES:

- Treadmills
- Ellipticals
- Stationary Bikes
- Stair Climbers
- Cross Trainers
- Skier
- Cross-over Machine
- Smith Machine
- Power Rack
- Medicine Balls
- Mats
- Jump Ropes

PRICES:

Annual Student Rate: \$120
Trimester Student Rate: \$65

Annual Community Rate: \$175
Trimester Community Rate: \$95

VALUE PASSES:

Day Pass: \$5
Week Pass: \$15
Month Pass: \$25

PHOTOS BY: DARRELL LONG | VISUAL JOURNALIST

Promote your business, organization, school or hobby with:

Unique, Personalized Advertising Specialty Items



**Digital Color & Offset Printing
Web Design & Maintenance**



660.582.5861

1406 E. First St. • Maryville, MO
www.rushprinting.net

Chili Fritos Burrito

Seasoned Beef, Fritos, Chili,
Cheddar Cheese, Sour Cream
& Onions

Limited Time Only

TACO JOHN'S

The Fresh Taste of West-Mex

1015 S. Main St. Maryville 660.582.8056

Zumba

What- Six types of classes.

Where- At home or at the gym.

How much- \$60 for DVDs or depends on gym membership.

The Secret- Classes incorporate high intensity music to raise energy so a dance workout turns “effective and entertaining”.

P90X

What- 12 workout DVDs + nutrition plan.

Where- At home.

How much- \$120 plus shipping and handling.

The Secret- By introducing new routines throughout the workout your body never normalizes but keeps you engaged and on track.

Wii Fit Plus

What- Video game with five training modes.

Where- At home.

How much- \$100 for Balance Board and video game.

The Secret- You can customize your workout to fit your body type, strengths and weaknesses.

Dance Central

What- Video game.

Where- At home.

How much- \$50 for game.

The Secret- With the help of Kinect this is the first dance video game where the player has no controller and system recognizes their moves allowing them to immerse themselves in the music.

By Brittany Keithley
Editor-in-Chief

From the New Years resolution to lose weight, to a gym membership that lends motivation, fitness is a long-term goal.

Finding the time to sweat and discovering your niche in a workout takes effort that society deemed not worth the time.

With this lack of patience and some innovative ideas, the workout efforts of the Millennial Generation were born.

With combinations to encourage productivity and burn calories quicker, these workouts bridged a gap between entertainment and exercise. They brought exercise home from the gym and personalized videos to create a one-on-one feel.

These four workouts take regular routines and turn the intensity up in your living room. Any long-term fitness goal is reworked and redefined just for you.

Fitness redefined



CARL COSTAS | MCT CAMPUS
EXERCISE JUNKIES, LIKE these runners participating in the Western States 100-Mile Endurance Run, use social networking tools to challenge and cheer each other on.

Rec center intarmurals offer competitive cardio for students

By Philip Gruenwald
 Associate Editor

Senior Jared White strides onto the racquetball court, fresh off of a 2nd place finish his sophomore year and a 4th place finish last year in the intramural tournament. He has his personal racquet with him, along with a strategy he will use to face the competition.

"If I'm playing a taller, slower type of person then I'll try to keep them on their feet and moving - try to wear them out a little bit," White said. "If I'm playing a smaller, quicker type, I'll just try to hit my spots, try to hit against the wall and play it short."

White is one of 55 students who participated in the Student Recreational Center's intramural racquetball tournament this year, 25 of whom

competed in the fraternity league. White played for Phi Sigma Kappa.

Northwest's SRC will have provided 21 different intramural sports during the 2010-2011 school year. The sports offered go through a rotation so students have new options each year.

"I try to keep the basic ones, and I get bored doing the same thing, so we rotate things through," Bob Lade, recreational sports director, said. "So during your four years at Northwest, you're going to have the opportunity to play around 35 different activities if you play all of them."

Lade has seen a shift in the kind of exercise students prefer. During his 30-year career at Northwest, he has seen student interest increase in what he calls "informal

recreation," or exercise other than organized intramural sports. However, he still expects around 65 teams to compete in the five on five basketball tournament.

"Winning is definitely not anything to do with intramurals whatsoever," Lade said. "Participation is the big thing. I wish we could always have more participation. Students seem to have a lot more things nowadays taking their time away from it, but it seems to me when I observe the ones that are out there, 98 percent of the people who are out there are having a good time. We always have that 2 percent that sometimes you've got to remind them that it is just a game."

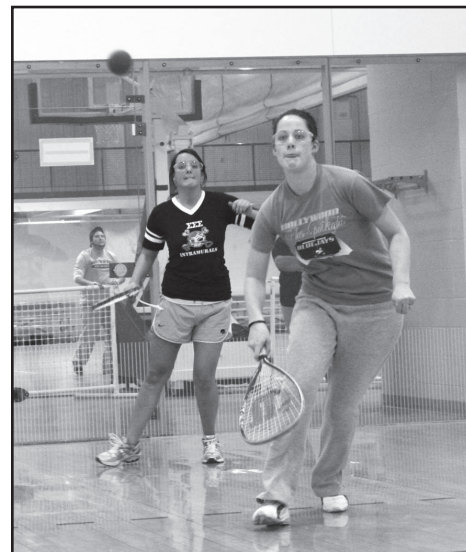
The competitors play for bragging rights and a t-shirt, according to graduate assistant Nathan Goldstein.

Goldstein supervised the single-elimination racquetball tournament, informed the teams of their game times and made sure everything ran smoothly.

"Racquetball's one of those sports you play for fitness and for fun," Goldstein said. "...I think it's pretty popular. Our six courts are usually pretty full."

Lade encourages all students to take advantage of the SRC's intramural sports, including coed kickball, offered this year for the first time.

"It's just fun because you're usually playing with people that you know and you don't have to worry about a coach yelling at you," Lade said. "It's fun. You get out there and you're with your buddies. It's a social interaction thing, and that's all a part of a healthy lifestyle too."



DARRELL LONG | VISUAL JOURNALIST

SADIE VORBRICH AND Abby Hood play a game of racquetball at 7 p.m. on Monday at the Lamkin Activity Center. Next week's intrumural sport is basketball, which will begin at 6:15 p.m. on Jan. 31 at the activity center.

ADVANCED CHIROPRACTIC CENTER



Dr. Rodney Smith

Mon, Tues, Wed, Fri. 8 a.m. - 5:30 p.m.
 Thurs. 1:30 p.m.-5:30 p.m.

1206 S. Main Maryville, MO
 660.582.5959

Massage therapist and Reflexologist available



NEED A DOCTOR

AFTER 5:00?

St. Francis Family Health Care offers Extended Hours

Monday - Thursday
5:00 - 6:30 p.m.

at the St. Francis Orthopedic &
 Sports Medicine Clinic
 (Across from the Hospital's ER)

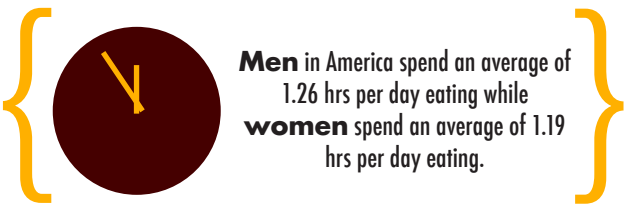
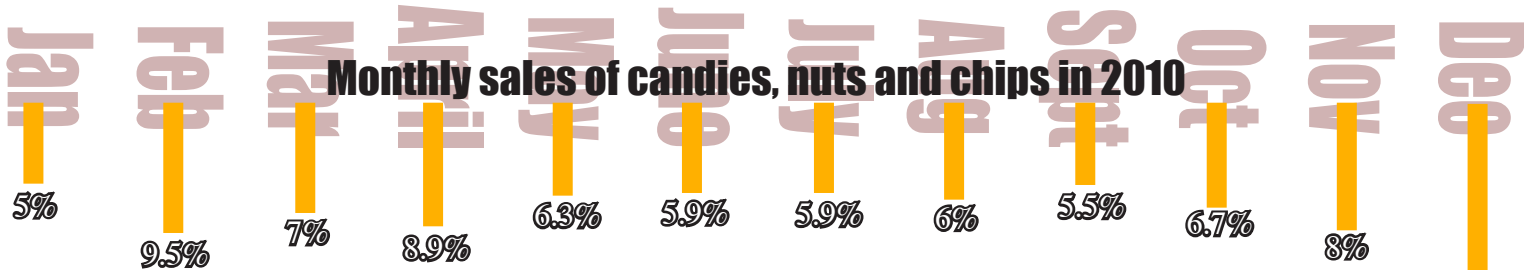
Walk-in or make an appointment
 by calling 660.562.2525
 (Limited Number of Appointments are Available)

St. Francis
 Hospital & Health Services

2016 South Main Street-Maryville, MO
 (660) 562-2525-www.stfrancismaryville.com

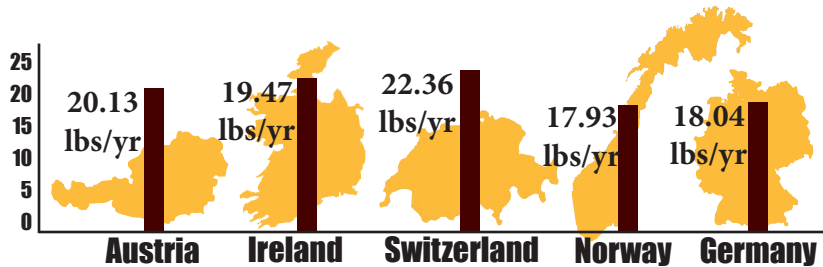
Eating Healthy?

Americans pay hundreds of dollars a year to hit the gym and get the perfect body. However, if we stopped and looked at what we were eating maybe we could save a few dollars and lose a few pounds too.

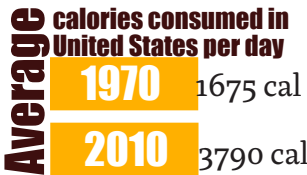


HyVee in Maryville has **10%** off of their health food section all day on Mondays

Top 5 chocolate loving countries



Fun Fact: A Professor from Kansas State lost 27 lbs eating twinkies and other hostess snacks



Information taken from RAB instant background report for Snack foods and Bureau of Labor Statistics

Northwest Missouri's
oldest and largest
independently-owned
and operated bank.



NODAWAY VALLEY BANK

the right bank™

www.nvb.com

St. Joseph
816-364-5678

Savannah
816-324-3158

Mound City
660-442-3131

Maryville
660-562-3232

Member FDIC

health trends



Thirsty?

FRESHENS

CARIBBEAN
 Cal. 290,
 Fat 0g,
 Sugar 66g,
 Protein 0g

STRAWBERRY OASIS

Cal. 70,
 Fat 0g,
 Sugar 9g,
 Protein 0g

JAVA CITY 100% Fruit Smoothies

MANGO

Cal. 312,
 Fat 0g,
 Sugar 65g,
 Protein 1g

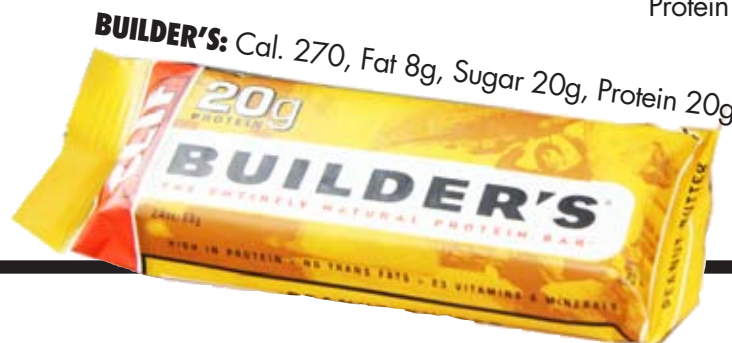
FOUR BERRY

Cal. 312,
 Fat 0g,
 Sugar 67g,
 Protein 1g

Doing crunches? Crunch these numbers



LUNA: Cal. 180, Fat 6g, Sugar 10g, Protein 9g



BUILDER'S: Cal. 270, Fat 8g, Sugar 20g, Protein 20g



CLIF:
 Cal. 240,
 Fat 5g,
 Sugar 22g,
 Protein 10g

Inspirational motivation for diets

By Amanda Schulte-Smith
 Features Editor

Along with its countless benefits, the college life can present some unfortunate health blunders for students everywhere.

Luckily, programs like Special K, Weight Watchers and vegetarianism offer a healthier lifestyle for students looking to tackle the side effects of poor nutrition. Alternative eating locations provided by the school, give students the healthier option they have been looking for. The salad bar in the Union is one example.

Additionally, Northwest is helping these trends by encouraging intramurals and providing healthy fitness bars and snacks in the Union. Special K bars, along with many other protein bars, can be seen lined up next to the junk food to provide a better, more easily accessible option.

With the recently added Freshens frozen yogurt stop in the Union, students are given a healthier alternative to ice cream and junk food. The frozen fruit treats are perfect for the student looking to quickly grab something healthy.

The Internet has put forth a cheap way to keep up with these health trends. Websites such as SparkPeople.com are dedicated to assisting healthy living and give students the help they need to stay on track with a healthy diet. Sparkpeople is a free online "blog" site where you can sign in and receive motivation from other members looking to live a healthier lifestyle. SparkPeople users create their own page similar to Facebook to track their progress and can read tips and encouragement from others who write on their page.

Weight Watchers is another program, which helps participants track their calorie and

“Protein bars can be seen lined up next to the junk food to provide a better, more easily accessible option.”

fat intake with a points system. The program gives healthy meal options for anyone looking for it, even including quick meals for people on the go.

These health trends are just some of the many programs one can use when getting started on a healthier lifestyle. With the help of the Internet, staying healthy can be done with just a click of a button.